



The Spoke'n Word Newsletter

Fall 2009

VOLUME 9, ISSUE 4

Greetings Merrymeeting Wheelers,

Just as the baseball season quickly draws to a close, so does our official ride schedule. Hopefully, you had ample opportunity to get involved in various club activities and enjoyed your favorite rides this season.

We saw many new riders join the club and many existing members continuing to challenge themselves to ride further and/or faster. Of course, we saw many join rides for the social aspects as well as their own personal fitness. I look forward to hearing more about the road trip across Oregon as well stories from the Great Divide ride at one of our upcoming club meetings.

On a personal note, it was great to see cycling become a family affair, with normal household activities taking a back seat to family rides. I am excited about our upcoming cycling trip in Hungary this April and even more "hilly" rides next summer.

Speaking of next summer, we have an exciting opportunity to showcase the mid-coast area as the Maine Bike Rally arrives in July. If you are interesting in helping with the event planning, please contact Kirk Kennedy.

In closing, I want to challenge you to stay involved in the club's various activities and continue to remain fit as fall turns toward winter.

Rick

The MWBC is a non-profit educational organization dedicated to the encouragement of bicycle riding in the mid-coast Maine region. MWBC intends to stimulate the interests and activities of riders by the pursuit of the following types of programs: Creating and encouraging safe biking conditions and practices; Supporting accessible biking opportunities for riders of all abilities; Providing information concerning the health benefits of bicycle riding; and Promoting the community benefits realized by increased ridership

New memberships are always welcome!

COMING UP!

Weekend Bike, Hike or Ski

With the cooler temps we are now in hiking mode. We will be meeting on Sundays throughout the month of November due to the hunting season. Please note that hikes are subject to change based on weather and conditions, please check the weekly update or call Jenn Berube (798-9916) for up to date information.

Saturday 10/31 Bradbury Mountain State Park, Pownal. Meet in the parking lot at 9:00.
<http://www.bradburymountain.com/>

Sundays:

11/8 Oven's Mouth Preserve, Boothbay Harbor. Meet/car-pool from the Taste of Maine parking lot in Woolwich at 8:30 Hike at 9:00 www.bbri.org

11/15 Morse Mountain Preserve, Phippsburg. Meet at Morse Mountain parking lot at 9:00
<http://www.bates.edu/x165670.xml>

11/22 Mt. Battie to Megunticook, Camden. Meet / car pool from Taste of Maine in Wolwich. Check weekly update for departure / hike time.
<http://www.maine.gov/cgi-bin/online/doc/parksearch/details>

11/29 Pleasant Mt. Bridgeton / Denmark. Meet at Hannaford in Brunswick to car pool. Check weekly update for hike time.
http://loonecholandtrust.org/html/pleasant_mountain.html

Meeting schedule

Located at Midcoast Presbyterian Church in Topsham, starting promptly at 7:00

- September (9/28/09) Wilbraham's presentation on trip across Englan
- November (11/30/09) Cycle Oregon presentation Toni Rees, Margaret Morrison and Elly Cary
- January (01/25/10) Great Divide presentation - Rich Cromwell
- March (our club banquet on 03/29/2010)
- May (05/24/2010) Topic / presentation TBD (note this meeting is one week earlier due to the holiday)

The steering committee meetings have been moved to the 3rd Tuesday of the month and will start promptly at 6:00 at our usual Wednesday's Ride dining location. Meetings are open to members if they are interesting in participating in the club's leadership.

SEE BACK FOR ADDITIONAL MEETING SCHEDULE



Cycle Oregon Adventure

September 2009

by Elly Cary, Margaret Morrison and Toni Rees

On August 31, 2009, three Merrymeeting Wheelers (Elly, Margaret and Toni) Fed Exed our bikes away to join the Cycle Oregon ride. On September 12, we arrived in Medford to unpack our bike boxes, camp overnight and get ready for the big ride: 2,200 riders (most of them very fit young men), 438 miles with 28,202 feet of elevation gain.

On Sunday morning, we rode out of camp by 8:00am and started the first 30 mile climb. Four hours later, I (Toni) gasped to the summit of Siskiyou Mt (4,129 ft) then sped down the mountain, shaking so badly with cold that I almost fell off my bike. Dozens of other bikers flew past at amazing speeds as we stopped several times to flex our hands cramping from gripping the brakes. We hurtled past the "Welcome to California" sign with snow covered Mount Shasta sticking up behind. Lunch was served at mile 52 and with my legs complaining and a 31 mph head wind, Margaret and I sagged into camp while Elly braved the entire 66 mile day to Yreka Fairgrounds.

Days fell into a pattern of getting up before 6:00am, lining up 20 minutes to use a "Blue Room" (porta-potty), breakfast at 6:30am, packing up, lining up for the Blue Room again and leaving camp by 8:00am. For days we rode beside the raging Klamath and Rogue Rivers with spectacular views of rapids, gorges, and high mountain passes. In the beginning, we rode through high desert scrub with no trees and could see colorful bike jerseys snaking through passes miles ahead.

At rest stops about every 20 miles, and lunch breaks, live bands entertained us. As we rode into camp in late afternoons, local townspeople cheered us on and handed out welcome cartons of chocolate milk. Temperatures rose into the 90's, but still flying down mountains felt freezing cold and we often stopped several times to flex our rigid hands, cramped from braking for an hour at a time. One day we delighted in freshly baked cinnamon rolls for the morning break and lunched at a winery where I don't know how people managed to ride afterwards.

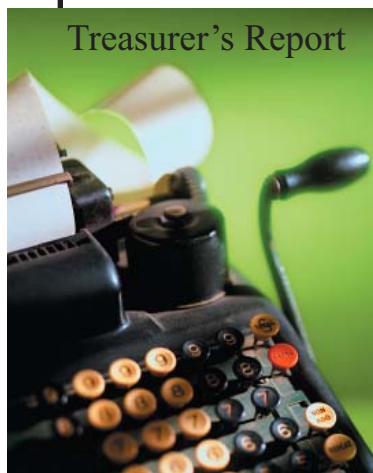
Typically we rolled into camp by 4:30pm, cleaned up in mobile shower trucks, used the buckets and free laundry detergent to rinse out clothes, then lined up for dinner by 6:30pm. By 8:00pm Margaret generally collapsed into her tent and some evenings Elly and I listened to announcements, weather for the next day and live entertainment at the Main Stage.

With 2,200 riders it was not surprising that there were several accidents. I saw two people on stretchers near ambulances, one man had a heart attack going up hill, one woman crashed on a pace-line and was helicoptered out, and one man was found dead in his tent. By mid-week, gastroenteritis struck until by the last day a quarter of participants were too ill to ride! We lucky three were fine.

Cycle Oregon is a terrific way to see spectacular scenery and meet friendly people from all over the world. It costs \$850 per person and generates more than \$2 million each year. Of that, \$100,000 goes to each town that provides a camp-site for an overnight stay. In exchange, locals cheerfully volunteer to serve food and clean up. In Grants Pass we camped in a town park. The local high school band was fundraising to take part in the Macy's Day Parade so high school students "volunteered" to serve breakfast. Money from Cycle Oregon provides the biggest fund raising event for most of the small towns along the route. Why not enjoy the ride yourself next year? Talk to us and check out Cycleoregon.com for details.

<i>Beginning Balance</i>	<i>\$7885.39</i>
<i>Interest</i>	<i>3.09</i>
<i>Dues</i>	<i>130.00</i>
<i>Club ware</i>	<i>70.00</i>
<i>BCM for Rally</i>	<i>630.00</i>
<i>Total</i>	<i>\$8718.48</i>
<i>Postage</i>	<i>72.00</i>
<i>Brunswick Inn</i>	<i>488.00</i>
<i>Brunswick School Dept</i>	<i>630.00</i>
<i>Total</i>	<i>\$7528.48</i>

A full financial report for 2009 is available upon request.



CLUB INFO

PRESIDENT:

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VICE PRESIDENT:

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SEC./TREASURER:

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DIRECTOR OF MEMBER SERVICES

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MEETING SCHEDULE

- * July (07/28/09) 1 wk late due to Tour De County
- * August (08/18/09)
- * September (09/15/09)
- * October (10/20/09)
- * November (11/17/09)
- * December (12/15/09)
- * January (01/19/10)
- * February (02/16/10)
- * March (03/16/10)
- * April (04/10/10)
- * May (05/18/10)
- * June (06/15/10)



Have something You Want To Buy,
Sell or Trade?

Send info to:

Jennifer at myasertscycler@yahoo.com